IMEC (Marie Cobel) with “Friends”
November 26, 1985

Session 174: Adult awareness

Summary: how reality is filtered thru the aspects. Communication thru speech is aspective. Our ability to choose, free will, and the limits therein. Freedom is the ability to focus our attention and what we choose to focus on. By observing the self, we become aware of the aspective energies we have identified with.

Other comments: HBR’s explanations are clearer than IMEC’s, and he helps to bring sense to IMEC’s somewhat rambling discussions. At the end, Martin has a discussion with the aspects of Harold and Marie. Silver Rose, Marie’s aspect, criticizes Friends for being snobbish and not very diplomatic in getting their point across. Harold defends Friends, saying they are trying to bring the information thru. This matters in the next session, as Martin decides to push back at Friends.

Report by Jane Coleman